

# THE TARGET

## THE OFFICIAL PUBLICATION OF THE NORTH DAKOTA SHOOTING SPORTS ASSOCIATION

### The Status of Shooting in North Dakota

I have been looking at our North Dakota state and national records off and on now for the past 20 years or more. You would think that, with our state's low population and few active shooters, that North Dakota shooters would not have much impact on national records and that our state records might be far below those national records. That is not really the case though.

Making your mark in the shooting sports has never been easy, but today, our state and national records are really outstanding and extremely difficult to duplicate or exceed. Denny Coulter and Tom Thompson have done a great job to maintain and keep our North Dakota state records up to date. Our outdoor state championships are often fired during difficult weather conditions and at ranges with little protection from the wind and weather.

The 2019 outdoor shooting season is complete here in North Dakota, as I write this, and looking back over the year of both indoor and outdoor matches, we have some fine accomplishments to reflect upon. I am including the most notable in the following, and I know that I will miss a few.

Our juniors had another outstanding year.

Luke Simon is the USA Shooting Air Pistol Junior National Champion with 1137/1200.

Katie Zaun is the USA Shooting 50 meter 3P Smallbore Junior National Champion with 2317/2400. She finished 3<sup>rd</sup> overall in the USA Shooting 2019 Spring 50 meter 3P Smallbore World Cup Selection Match with 2321/2400. By doing so, she qualified to compete in World Cup competition in India and Germany and maybe somewhere else in the world that I just don't know about.

Katie also took 3<sup>rd</sup> place overall in the NRA National Junior Indoor Metric Position Smallbore Rifle Sectional with a 581/600. She won 2<sup>nd</sup> place in the Open NRA National Precision Air Rifle Standing Sectional with 591/600 (just one point behind the winner).

Katie is the 2019 USA Shooting National Junior Olympic 50 Meter 3P Rifle Women's Champion with her 2329/2400. She earned 3<sup>rd</sup> place overall in the 2019 USA Shooting National Junior Olympic Women's 10 meter Air Rifle Championship with a 1240.2 over 2 days.

Joe Martin is the 2019 NRA Open Sectional Indoor Conventional 4-Position Smallbore Rifle Champion with 795/800. Joe is not a junior anymore, and it is nice to see him back in North Dakota shooting some fine scores. Brandon Alexander finished 1<sup>st</sup> in master class in this Sectional match with 793/800 (one x short of 3<sup>rd</sup>), just 4<sup>th</sup> overall after the tie breaker.

At the 2019 NRA Intercollegiate Club National Championships, Brandon Alexander earned the overall championship with his score of 1151/1200 (587 Air & 564 Smallbore 3P), 9 points ahead of the second place finisher. Brandon competed with the NDSU Rifle Team which finished 2<sup>nd</sup> in Air Rifle and 3<sup>rd</sup> in Smallbore Rifle. I reported on this in more detail in our last issue of The Target.

The Civilian Marksmanship Program tracks the top 100 scores shot in CMP Service Pistol events over the year, and in 2019, Travis Jorgenson earned recognition on this list for his scores in 4 separate matches. His 292/300 fired in our North Dakota Regional is 7<sup>th</sup>, his 286/300 fired in the Arizona State match is 33<sup>rd</sup>, his 283/300 fired in the EIC Pistol match at Camp Perry is 59<sup>th</sup>, and his 281/300 fired in the National Trophy Pistol match also at Camp Perry is 78<sup>th</sup>. Placing 4 times on this list is a first for anyone from North Dakota. Although Travis now resides in Vergas, Minnesota, as most of you know, he is a North Dakota native, and he competes regularly in our North Dakota pistol and rifle competitions.

Although Travis is not eligible to set North Dakota State Records or win North Dakota State Championships, he has fired the overall high scores in our State and Regional Pistol Championships this year. So, as his father, I thought we should recognize some of Travis' accomplishments in 2019.

At the August 31<sup>st</sup> North Dakota State Outdoor Pistol Championship, Travis fired an overall aggregate high score of 2642/133x only 4 points short of the ND State Record. Over the course of that match, Travis fired individual scores exceeding our ND State Records in 5 separate categories. In .22 caliber Slow Fire, he fired a 197/9x (2 points over our record). In .22 timed fire, he shot a 200/16x (1x over our record). In the .22 National Match Course, he fired a 298/19x (1 point and 3x more than the record). In the Center Fire aggregate, Travis' 879/43x is 2 points more than the ND State record.

Travis is a triple distinguished shooter in the CMP competitive shooting programs, and his average scores in the last few Bullseye pistol matches of 2019 are above 2640/2700.

Travis also competes in high power rifle matches here in North Dakota and in Minnesota when they do not conflict with a pistol match. He was able to compete in our North Dakota State High Power Rifle Championship and finished with the high aggregate score of 790/800.

As I was composing this, Katie Zaun was competing in the USA Shooting Fall Olympic Team Selection match held in Ft Benning, GA. She posted the highest women's 50 meter 3-position score of those in the J2 age category and finished in 2<sup>nd</sup> place in the junior category ahead of some very strong competition. Congratulations to Katie for another fine showing and to her parents for their efforts to get her to these matches. Ft. Benning is roughly 1600 miles from Buffalo, ND. Competition in these matches involves missed school and many hours of travel.

We are entering the fall and winter shooting season here in North Dakota, and I expect that we will see many outstanding scores fired. I hope that many of you can enjoy the competition with us. So, get your guns ready and plan to attend as many matches as you can manage. Our shooting schedule is a part of this newsletter (page 4).  
Rick Jorgenson

## Editorially Speaking

This issue is a celebration of some of the more notable results of our North Dakota competitive shooting sports program. As I said in our last issue, our junior shooters are growing up, and some are now adults. These adults and our maturing juniors are making their mark both here in our North Dakota matches and at matches elsewhere in the USA and around the world.

By the time you receive this issue of The Target, we will have dug out from our first winter storm which came early and hard for many of us before the middle of October. We understand that the Farmer's Almanac has forecast a Parade of Snowstorms for North Dakota during the winter of 2019-20. This storm (the first in the parade?) was certainly loud and a fitting first, if there is a further parade to follow.

Traveling to matches is almost always somewhat of a challenge here in North Dakota, but this winter may be more difficult than most. The majority of our fall and winter matches here in North Dakota, are held indoors, so once you make it to the match, the weather indoors will be fine. So, dress warm and drive safely.

I hope to see many of you at our NDSSA Annual Meeting and Awards Banquet to be held in Valley City at the end of January 2020 (see the invitation at the end of this Newsletter). We will recognize the accomplishments of our North Dakota Shooting Sports competitors and will induct Bill Langer into the North Dakota Marksmanship Hall of Fame.

Again, if any of you have what you think is an important thought about the shooting sports in North Dakota, write it down and email it to me.

\*\*\*Thanks to James Ladwig for his continued work on our NDSSA Website and to Melissa Carson, our Membership Chair, for our NDSSA Facebook page. We encourage members and match directors to forward/post their bulletins and results to that page. Here is the link: <https://www.facebook.com/North-Dakota-Shooting-Sports-Association-757181884660730>

"A strong body makes the mind strong. As to the species of exercises, I advise the gun. While this gives moderate exercise to the body, it gives boldness, enterprise and independence to the mind. Games played with the ball, and others of that nature, are too violent for the body and stamp no character on the mind. Let your gun therefore be your constant companion of your walks." - Thomas Jefferson, letter to Peter Carr, August 19, 1785

NDSSA is a small organization that gets a lot of good things done. We are always searching for people to **join us** as members or officers. If any of you have a prospective member, share your copy of our newsletter or help them fill out the membership application that is on page 5 and send it in to **P O Box 228, BISMARCK ND 58502-0228**.

"The Constitution shall never be construed to prevent the people of the United States who are peaceable citizens from keeping their own arms." Samuel Adams, Massachusetts Ratifying Convention, 1788

### NDSSA Officers and Chairpersons

Web site <http://www.ndssa.org>

President: Mitchell Godbout, 401 9<sup>th</sup> Ave. N, Casselton, ND 58012

Email: [mdgodbout@hotmail.com](mailto:mdgodbout@hotmail.com). Home & Bus 701-347-5593.

Vice Pres: Garth Weber, Valley City, ND Phone: 701) 330-3284

Exec Off: Eric Pueppke, 14926 25th St. SE, Amenia, ND 58004

Email: [epueppke@gmail.com](mailto:epueppke@gmail.com) Home & Bus 967-8450

Sec.: Tom Thompson, 2708 Stevens St, Bismarck, ND 58503-1051

Email: [tnt@bis.midco.net](mailto:tnt@bis.midco.net) Home 255-4601

Membership: Melissa Carson, 8107 Jeaner PL, Bismarck, ND 58504

Email: [melissa.langer@outlook.com](mailto:melissa.langer@outlook.com) Phone: 701-391-0696

Sec/Treas.: Walt Fairbanks, 4600 Boulder Ridge Rd., Bismarck, ND 58503; Email: [walt@midco.net](mailto:walt@midco.net) Home 701-751-0690

Editor: Rick Jorgenson, 4931 81<sup>st</sup> Ave NE, Devils Lake, ND 58301

Email: [rcjorgenson@dvl.midco.net](mailto:rcjorgenson@dvl.midco.net) Home: 662-4760

Director 1/20: James Ladwig, 17321 27<sup>th</sup> St SE, Argusville, ND 58005

Email: [james@curtslock.com](mailto:james@curtslock.com) Home 701-484-5236

Director 1/24: Tami Ware, P O Box 231, Kenmare, ND 58746

Email: [tamimware@gmail.com](mailto:tamimware@gmail.com)

Director 1/22: William (Bill) Langer, 201 2<sup>nd</sup> Street, Perth, ND 58363

Email: [bslanger@utma.com](mailto:bslanger@utma.com) Home 701-656-3415 Cell: 701-340-1358.

Past Pres.: Rand McLeod, 700 Main Ave, Erie, ND 58029

Home 668-2214

Light Rifle: Gary Sivertson, 9732 11th Ave NE, Bottineau, ND 58318.

Email: [cgs@utma.com](mailto:cgs@utma.com) Home: 701-228-2040, Cell: 263-5266

Web Mgr.: James Ladwig, 17321 27<sup>th</sup> St SE, Argusville, ND 58005

Email: [james@curtslock.com](mailto:james@curtslock.com) Home 701-484-5236

HG Silhouette: Ray Utter, 3061 Sand Hill Road, Bismarck, ND 58503-

6467 Email: [rayutter@netscape.net](mailto:rayutter@netscape.net) Home & Bus: 701-595-1136

Junior Programs:

Tom Thompson, 2708 Stevens St, Bismarck, ND 58503-1051

Email: [tnt@bis.midco.net](mailto:tnt@bis.midco.net) Home 255-4601, Bus 701-221-1220

Highpower Rifle & Property Custodian:

Dennis Coulter, 4576 Belmont Rd., Grand Forks, ND 58201

Email: [denny.brenda@gra.midco.net](mailto:denny.brenda@gra.midco.net) H 701-746-6959, Fax 772-7932.

Pistol: Garth Weber Valley City, ND Phone: 701) 330-3284

Email: [rcjorgenson@dvl.midco.net](mailto:rcjorgenson@dvl.midco.net). Home 662-4760 Bus 662-5301

SB Rifle Programs: See Junior Program Chair. Tom Thompson above

Rifle Silhouette: Dave Tokach, 1602 Monte Dr., Mandan, ND 58554

Email: [dtokach@bis.midco.net](mailto:dtokach@bis.midco.net) Home: 663-8626

NRA Field Rep: Doug DeLaRoi,

Email: [DDeLaRoi@nrahq.org](mailto:DDeLaRoi@nrahq.org)

The Target ISSN: 1086-4172

**PUBLISHED** quarterly (four issues a year) by the North Dakota Shooting Sports Association, Inc., P. O. Box 228, Bismarck, ND 58502-0228.; a non-profit organization affiliated with the National Rifle Association of America, for the purpose of promoting safety and education in the sport of shooting. The Target is provided to all members of the NDSSA via electronic media, email, etc. The editorials and articles appearing in the publication reflect the differing views present among sportsmen and gun owners, and do not necessarily reflect the views of the publisher.

**POSTMASTER:** Send address changes to The Target, P. O. Box 228, Bismarck, ND 58502-0228.

**DEADLINES:** Closing date for material for each issue is the first day of the month proceeding the month of publication. Publication dates are: January, April, July, and October. All materials are to be provided to the Editor of The Target at the following address:

Rick Jorgenson  
4931 81<sup>st</sup> Ave. NE  
Devils Lake, ND 58301  
Email: [rcjorgenson@dvl.midco.net](mailto:rcjorgenson@dvl.midco.net)

The publication of material will be subject to the discretion of the editor. Due to limitations, the NDSSA cannot verify, nor be responsible for accuracy of statements made in articles or advertisements submitted.

**REPRINTS:** Reprints are permitted; however, if the article is identified as "Copyright" material, you must obtain the permission of the author. Further, reprints must provide written credit to "The Target, North Dakota Shooting Sports Assoc., Inc., and by-line author, if any." Entire contents copyrighted, all rights reserved.

**CAUTION:** All technical data in this publication, especially for hand loading, reflects the limited experience of individuals using specific tools, products, equipment and components under specific conditions and circumstances not necessarily reported in the article. The North Dakota Shooting Sports Association has no control or oversight in this data development. Reloading data has not been tested or verified by the NDSSA. The NDSSA cannot be responsible for the results obtained by persons using such data and we disclaim all liability for any injuries or damages that might result from its use.

## Why do I continue to compete?

I have been editing this newsletter now for over 15 years. I have been shooting rifle and pistol competitively for over 40 years. I became an active member of NDSSA about 30 years ago. Obviously, I enjoy the competitive shooting sports a great deal.

I used to be a much stronger competitor. My eyesight and balance are not what they used to be, and as Toby Keith's song lyric states: "I ain't as good as I once was, but I'm as good once as I ever was". In other words, I can still shoot a quality shot occasionally, but each year as I get older, I find it more and more difficult to string quality shots together in a long match. This doesn't seem to affect me in the hunting field, but it sure does in a match.

So, why don't I just give it up and confine my shooting activity to hunting? After all, I got into the shooting sports initially in order to build my skill with a handgun to the point where I could hunt ethically and successfully with it. But, I became hooked on the rewards of competitive shooting to the point that I enjoy competing with handguns and rifles in nearly every discipline that the shooting sports offer.

I read something by James Michener quite a few years ago where he expressed his conviction that without competition, sports were merely exercise. One would only rise to true excellence within a competitive atmosphere. I believe this to be true of almost every endeavor that we might choose to undertake.

Without a competitive atmosphere, we are just mediocre. I am not good at mediocre. While I am retired and no longer have to spend many hours each week at work, I find I am in continual need of some challenge in life.

In the competitive shooting sports, a participant must arrive to compete on a specific day and time. The course of fire is challenging and requires significant mental and physical discipline. Preparation and training between matches is not only something I enjoy, I find that it is fulfilling. The execution of one good shot is always enjoyable. We should all make sure that we enjoy those quality shots. If we are able to do that, it is far easier to produce another.

I have time now to coach young people in their efforts to excellence in the shooting sports, and so far, that has been very rewarding. I expect that it will continue to allow me to remain in a competitive atmosphere for years to come, and again, I believe that is a good thing.

Still, I find joy and reward in competition and the process of preparing quality ammunition for a match and for hunting. Applying what I have learned over the past 40 years is very rewarding. Much more so than many of the other leisure time activities that retired people are encouraged to undertake.

I will likely not win many matches over the next few years, but I look forward to putting forth the competitive effort that will allow me to fire as many quality shots as I am able.

I hope that many of you will find your way to a match soon either as a coach or competitor. You will have a good chance of seeing me there.

I read this following in an article about aiming to account for wind drift in match competition at long range. It is real good advice that should be followed more often, in my opinion:

**In case of panic, sometimes it's often best to just aim at the damn bullseye!**

## How do you fire a quality shot?

I believe that everyone does this a little differently, but I am certain that anyone who fires a quality shot knows that they have done so before they look at the target or check their scope. They have **followed through** (continued to focus) on their aligned sight picture as if the gun had not even fired and recognized where the aligned sights were focused as the shot left the barrel.

This is an acquired skill that is fundamental to success with either rifle or pistol. Yet, many do not put very much effort into building that skill.

They spend a lot of time shooting for score rather than recognizing that their score will take care of itself, if they fire one quality shot at a time. Those who are learning to shoot well will find that they will fire quality shots that are not 10s or Xs. They fail to interpret these shots as good quality shots even though they did follow through on their aligned sight picture as if the gun had not fire and were able to recognize and "call" where the aligned sights were focused as the shot left the barrel. When the shot lands where called, you have fired a quality shot. As you fire more and more of these, you will find that more and more of them will score as 10s and Xs. By focusing on the task of firing a quality shot you are doing something that is well within your control. Again, the score will take care of itself. You do not need to do math during a match. You simply have to discipline yourself to fire one quality shot at a time. By doing so, your subconscious mind will learn to steer these quality shots into the 10 ring.

Shooting at the very top level is not rocket science and does not involve mathematics even at a basic level. It does require discipline and a consistent **shot plan** that allows you to fire one quality shot at a time. Rick Jorgenson

The following addresses those who wish to interpret our 2<sup>nd</sup> Amendment as applying only to "the militia":

"Nowhere else in the Constitution does a 'right' attributed to 'the people' refer to anything other than an individual right. What is more, in all six other provisions of the Constitution that mention 'the people,' the term unambiguously refers to all members of the political community, not an unspecified subset...The Second Amendment extends, prima facie, to all instruments that constitute bearable arms...The very text of the Second Amendment implicitly recognizes the pre-existence of the right and declares only that it 'shall not be infringed.'"

*Antonin Scalia, U.S. Supreme Court Justice*

## **I renew my request for more info on Airgun Maintenance. I have a stark lack of response, so far.**

Aside from the email from Steve Greer, which I greatly appreciate, I have heard nothing constructive. I think that there is much more to airgun maintenance, and I am certain that someone can add to what we have so far. So, I am still looking for more information.

Send me what you know, and we can spread the knowledge. It shouldn't be rocket science and certainly not a secret formula known to only a few.

Rick Jorgenson

## 2019 – 2020 Fall/Winter Schedule of Opportunities

2020	Event	Location	Contact	Phone
Jan 4, 5	Light Rifle Match	Bismarck	Walt Fairbanks	701-400-8421
Jan 4, 5	Bullseye Pistol Match	Bismarck	Kevin Hertz	701-223-4225
<b>Jan 11</b>	<b>Junior Olympics (Air Pistol, Sport Pistol)</b>	<b>Devils Lake</b>	<b>Rick Jorgenson</b>	<b>701-662-4760</b>
<b>Jan 11, 12</b>	<b>Junior 3P State and Sectional</b>	<b>Bismarck</b>	<b>Tom Thompson</b>	<b>701-255-4601</b>
Jan 11, 12	Open Inter Air Rifle Sec, 3P Metric Approved Match	Bismarck	Tom Thompson	701-255-4601
Jan 18	Bullseye Pistol Match	West Fargo	Rob Sailer	701-541-6427
Jan 18	Cowboy Action – indoor	Bismarck	Mike Ripplinger	701-223-3085
<b>Jan 18, 19</b>	<b>Junior Olympics (Air, 3P Smallbore Rifle)</b>	<b>Minot</b>	<b>Rick Jorgenson</b>	<b>701-662-4760</b>
<b>Jan 25</b>	<b>NDSSA State Convention</b>	<b>Valley City</b>	<b>Garth Weber</b>	<b>701-330-3284</b>
Jan 25	USPSA Match	Bismarck	Brian Stonecipher	701-779-7802
Jan 26	BPCR “rimfire”	Bismarck	John Horner	701-426-9305
Jan 26	Varmint	Bismarck	Mike Davis	701-220-2500
Feb 1, 2	College Sectional, Rifle & Pistol	West Fargo	Eric Pueppke	701-967-8450
Feb 1, 2	Light Rifle Sectional Championship	Grand Forks	Denny Coulter	701-746-6959
Feb 2	56th Annual Von Bismarck	Bismarck	Kevin Hertz	701-223-4225
<b>Feb 8 &amp; 9</b>	<b>Air Pistol Sectional &amp; Bison Open</b>	<b>Ayr, ND</b>	<b>Rand McLeod</b>	<b>701-219-3657</b>
Feb 15, 16	Open 3P State and Sectional	Grand Forks	Tom Reiten	701-775-0008
Feb 15	Ramsey County 4H	Devils Lake	Rick Jorgenson	701-662-4760
<b>Feb 22, 23</b>	<b>Open 50 Yard Regional SB Match, 3-Pos (any sight)</b>	<b>Bismarck</b>	<b>Tom Thompson</b>	<b>701-255-4601</b>
<b>Feb 23</b>	<b>50 Yard Light Rifle Match</b>	<b>Bismarck</b>	<b>Tom Thompson</b>	<b>701-255-4601</b>
<b>Feb 29, Mar 1</b>	<b>Junior Air Rifle Sectional-Standing</b>	<b>Devils Lake</b>	<b>Rick Jorgenson</b>	<b>701-662-4760</b>
<b>Feb 29, Mar 1</b>	<b>Open Air Rifle State Champ.</b>	<b>Devils Lake</b>	<b>Rick Jorgenson</b>	<b>701-662-4760</b>
Mar 7	Indoor Cowboy Action Shooting	Bismarck	Mike Ripplinger	701-223-3085
Mar 8	4- Gun Indoor Silhouette Matches - Smallbore Silhouette (22 - Conventional), Lever (22, Pistol)	Bismarck	Dave Tokach	701-426-1773

### -Application-

### North Dakota Shooting Sports Association

P O Box 228, BISMARCK ND 58502-0228

Also join via the web: <http://www.ndssa.org>

**Yes, to protect my right to keep and bear arms; I would like to join the NDSSA and support the legislative efforts of the NDSSA. My dues for a membership as noted are enclosed.**

Please return this form. Print name and address as you wish it to appear in our records.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Rifle \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

City: \_\_\_\_\_

Membership Dues Schedule-(Effective May 1, 2015)

Silhouette	Life.....\$500.00	One Year ...\$25.00	Clubs One Yr.....\$25.00	_____Pistol Silhouette
	5 Year....\$100.00	Junior - Under 21...\$10.00	Club 5 Yr.....\$100.00	_____Hunter Safety

- Interests
- \_\_\_\_\_ Legislation \_\_\_\_\_ Jr. Program
- \_\_\_\_\_ Hunting \_\_\_\_\_ Conservation
- \_\_\_\_\_ Collecting \_\_\_\_\_ Bullseye Pistol
- \_\_\_\_\_ Air
- \_\_\_\_\_ Hi-Power Rifle
- \_\_\_\_\_ Air Pistol \_\_\_\_\_ Smallbore
- \_\_\_\_\_ Police PPC \_\_\_\_\_ Other
- \_\_\_\_\_ Rifle

Make check payable to: North Dakota Shooting Sports Association and mail to above address.

(May 1, 2015)

**Follow-Through.** (This seemed like a good subject for the page next to last)

I believe that following-through may be the most important fundamental of firing a quality shot. I also believe that most shooters give the follow-through process lip service. In other words, they say that they are following through and even believe that they are doing so. But in my experience observing shooters during competition, the vast majority actually follow-through in only a small percentage of their shots. In shooting, following-through means that the shooter continues aiming, exercises breathe control and hold control until after the shot is fired. The most common recommendation is that the shooter should continue aiming, breath control and hold control for two full seconds after each shot is fired.

The process of following-through prevents you from anticipating the shot and moving before and during the time the bullet is still in the barrel. But that is only its basic purpose. A part of follow-through is remembering what your sight picture looked like when the shot was fired. Was it good or were your sights pointed to one side or high or low? Remembering what your sight picture looked like when the shot was fired will tell you where the shot should have hit the target. It is vital to good shooting. Following through consistently and in a sustained manner allows your subconscious to learn what is required in order to have the bullet strike in the center. This is extremely important, as our subconscious is actually responsible for the execution of all of the actions that produce a quality shot on the target.

At its best performance, a sustained follow-through also holds your shot closer to the center of the target. I have seen many very good shooters appear to move during follow-through to the point where as an outside observer, I would expect the shot to go very wide of the center only to see the shot actually land in the 10 ring. The coordinated effort of a good follow through allows your subconscious to adjust an errant shot back to the center. In rifle, this action is not very noticeable, but in pistol, it is often quite dramatic. You will observe this only while watching a very accomplished shooter. Those shooters who are just learning to shoot well will almost always move after the shot. Shooters movement becomes much more smooth and stable only after they learn to sustain their follow through. Of course, a proper stance and shooting position positively contribute to learning to follow through.

Most shooters begin to grasp the following-through process and are able to call their shot location and even its value, but they then become immediately judgmental. They are able to recognize their errant shots and immediately abandon the following through process before the bullet is even out of the barrel. They do not allow themselves the benefit of allowing their subconscious mind to coordinate the movement of the sights toward the center of the target during that time that the bullet travels down the barrel.

Follow-through welds the shooting fundamentals-aiming (sight alignment and sight picture), breath control, hold control and trigger control-into one continuous action. This technique of using follow-through to continue applying the fundamentals reduces the chance that you will give up on the shot just as it is fired.

Follow-through starts when the shooter has aligned the sights and begun to aim the shot. It continues until roughly 2 seconds after the bullet strikes the target.

It's initially difficult to tell on your own if you're following through properly. Have a coach (or a friend who's shooting with you) observe you in the process of follow-through. They should position themselves so that they can watch for the immediate small movements or changes to your position following the shot that are clear indications of a poor follow-through. These movements may occur as you fire the shot, or during recovery, or after follow-through is complete. They usually occur because you did not build a true natural point of aim. What the observer/coach will see is you forcing the gun back into position instead of letting a correct natural point of aim do the job.

Maybe the most common movement that the observer/coach should watch for is the shooter relaxing immediately after the shot instead of following through. The pistol or rifle drops out of position because the shooter was using muscles, not a good position, to hold the rifle. Other things to observe are the maintenance of head position, eye relief, eyes closing, trigger finger movement and grip on the firearm. An immediate change in any of these as the shooter fires the shot will be a clear indication that the shooter has not properly sustained their focus and follow-through.

Once following through becomes second nature, the next step is to build on the technique as a tool for shooting sustained fire. But that is a subject for discussion at a later time.

One of the ordinary modes, by which tyrants accomplish their purposes without resistance, is, by disarming the people, and making it an offense to keep arms."-- **Constitutional scholar Joseph Story, 1840**

"It's a nasty truth, but those who seek to inflict harm are not fazed by gun controllers. I happen to know this from personal experience... You won't get gun control by disarming law-abiding citizens. There's only one way to get real gun control: Disarm the thugs and the criminals, lock them up, and if you don't actually throw away the key, at least lose it for a long time."

**Ronald Reagan**

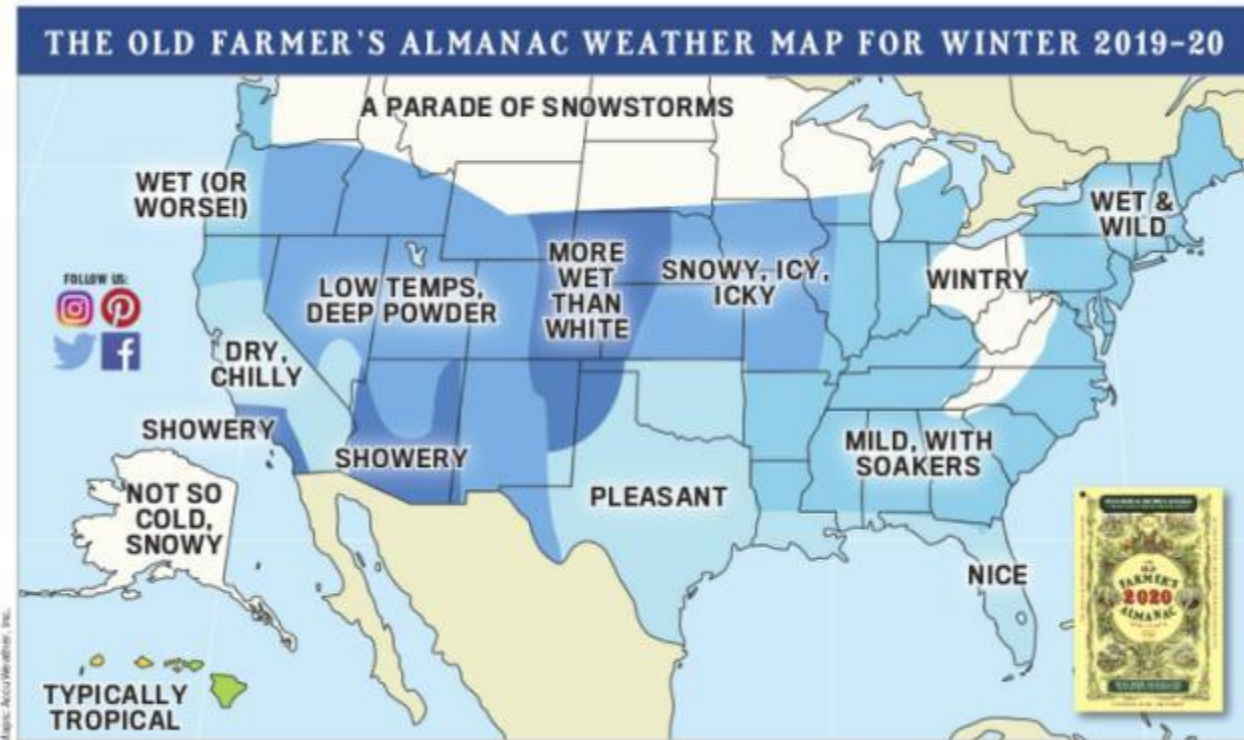
North Dakota Shooting Sports Association, Inc.  
PO BOX 228  
BISMARCK ND 58502-0228  
CHANGE SERVICE REQUESTED.

PRSRRT STD  
U. S. POSTAGE

**PAID**

Bismarck, ND 58501  
Permit No. 419

The Official NRA State  
Association Newsletter



READ THE DETAILS OF THIS FORECAST IN THE 2020 ALMANAC ON PAGES 97 AND 206 THROUGH 223.

**INVITATION  
TO THE  
2020 NORTH DAKOTA SHOOTING SPORTS ASSOCIATION  
ANNUAL MEMBERSHIP MEETING  
&  
AWARDS BANQUET  
Saturday, January 25, 2020  
Eagles, Valley City, ND**

Please attend the annual membership meeting at 2:00 pm. Topics of discussion will include our junior shooting sports programs and other shooting sports programs around North Dakota and the USA. The Eagles is located at 345 12<sup>th</sup> AVE NE, Valley City, ND.

**Schedule of Events Saturday, January 25, 2020**

Annual Membership Meeting (Eagles).....	2:00 pm - 4:00 pm
Social Hour (Eagles) - cash bar.....	5:30 pm
Dinner (Roast beef & breast of chicken w/ Twice Baked Potato & salad).....	6:30 pm
Annual Awards Presentations, Guest Speaker, HOF Ceremony.....	7:30 pm

**Guest Speakers - Dacotah Faught & Joe Martin**

**NDSSA HALL OF FAME INDUCTION - William (Bill) Langer**

**Rooms:** AmericInn at 280 Winter Show Rd SW in Valley City, ND has a small block of rooms available for NDSSA Banquet attendants. The block reservation is good thru January 3<sup>rd</sup>. The rate is \$99.90 for a 2 queen bed room. They do offer free breakfast, indoor pool, fitness center and they are pet friendly. Call 701-845-5551 for reservation and tell them that you are attending the NDSSA Banquet.

**Contacts:** For additional details on the membership meeting, dinner, awards banquet, contact Garth Weber 701-330-3284 or [garth.weber@gmail.com](mailto:garth.weber@gmail.com)

**TICKET ORDER FORM - NDSSA BANQUET AND AWARDS CEREMONY**

Adult(s) \$30 each \_\_\_\_\_ (\$35 at the door) Junior (s) \$20 each \_\_\_\_\_

Please order tickets in advance before January 17th. Make checks payable to NDSSA and mail to: Garth Weber 714 11<sup>th</sup> Street NW #6, Valley City ND 58072

---

## Guest Speakers

### Dacotah Faught & Joe Martin

**Dacotah Faught** is a 2018 graduate of The University of Nebraska-Lincoln where she earned a Bachelor of Arts in Chemistry. In 2013, Faught began her collegiate rifle career at the University of Tennessee at Martin. Faught transferred to Nebraska in 2016 to exhaust her athletic eligibility. As a student-athlete, she attended the NCAA collegiate rifle championships four times and earned three All-American honors. In 2015, she was inducted into the Tennessee Sports Hall of Fame. She also competed at the 2015 International Shooting Sports Federation (ISSF) World Shooting Championships in the Junior Air Rifle category held in Granada, Spain. Dacotah grew up in Amenia, North Dakota (in the Casselton area) and she now resides in Fargo, ND.

**Joe Martin** graduated from the University of Tennessee at Martin in 2018 where he received a bachelor's degree in Mechanical Engineering. Martin began his collegiate career in 2014 where he would go on to earn All-American honors in smallbore and receive an at-large bid to the 2018 NCAA Championships. Martin was a four-year scholastic All-American, and received the award for the Ohio Valley Conference Scholar Athlete of the Year in 2018. Joe grew up in Emerado, North Dakota (the Grand Forks area) and he currently resides in Grand Forks, ND where he works as a Mechanical Engineer at Lunseth Plumbing & Heating.

## Hall of Fame Inductee

### William (Bill) Langer

We will induct William Langer into North Dakota's Marksmanship Hall of Fame and hope that you can join us. We will recognize Bill's efforts and commitment to improve the shooting sports in North Dakota from his home in the very small community of Perth, ND

- Bill has sustained membership in the NRA and NDSSA for more than 20 years.
- Bill has served as an officer of the NDSSA Board of Directors.
- Bill has been an officer in a local club.
- Bill has served as a youth marksmanship coach for far more than 10 years.
- Bill has been an active competitor in the rifle and pistol shooting sports for much more than 20 years.

What is unique about Bill's accomplishments is something that had not been previously done in North Dakota. Bill was instrumental in the introduction of the shooting sports into the Wolford Public School System. Bill established the Wolford Wolves Shooting Sports Team. Members of that team were thus able to compete in State Championships, Regional and National Championships with the full support of the Wolford Public School System. He is now attempting to do something similar in the St. John, North Dakota school system, and we wish him the best in that endeavor.

It is Bill's devotion to the promotion of light rifle and air rifle as well as air and smallbore pistol programs for youth that has really made a mark on the future of the shooting sports in North Dakota.